



Traffic light category: **Green** Serves: 10 (260g)

Ingredients

- 400g dry rice noodles
- 4 spring onions, sliced
- 4 cups snow pea sprouts, sliced in half
- 4 medium red capsicums, seeded and sliced
- 1 Lebanese cucumber, seeded and sliced
- 4 tablespoons fresh coriander, torn
- 4 tablespoon fresh mint, torn

Dressing

- 8 tablespoons salt reduced soy sauce
- 4 teaspoons honey
- 4 cloves garlic, crushed
- crushed juice of 2 lemons
- 1-2 teaspoons fresh ginger, grated

Method

1. Prepare noodles according to packet instructions
2. Rinse noodles under cold running water, drain and set aside
3. In a small bowl combine dressing ingredients
4. In a large bowl combine spring onions, snow pea sprouts, capsicum, cucumber and herbs
5. Pour dressing over the salad, add noodles and toss well.

For a more substantial salad add in one of these:

- 2 cups of chopped cooked chicken
- 200g tin of tuna in spring water, drained
- 2 cups thinly sliced roast beef

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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